Diabetes-**Preventative Medicine - Top 10 ways to beat Diabetes**

Part 1 of 4 (إِنْ شَآءَ اللهُ)

References from **(A) Holy Quran [(الشعراء80/26)وَإِذَا مَرِضْتُ فَهُوَ يَشْفِينِ]**
(B) Hadith Books any of these 3 Bukhari, Muslim, AbuDawud
(C) [Medicine of Prophet (صلى الله عليه وسلم)] Ibn Qayyim Al-Jawziyyah
(D) Tibb-e-Nabwi- Jalal'u-Din Abd'ur-Rahman As-Suyuti (English research work by Cyril Elgood-Source Osiris vol 14 pp 33-192)
(E) ISLAMIC MEDICINE (Edited by **Shahid Athar, M. D**.) Clinical Associate Professor of Internal Medicine and Endocrinology Indiana University School of Medicine Indianapolis, Indiana USA
(F) Various Medical Books / Magazines / Journals etc

	HbA1c	Mean Blood Glucose	
		Mg/dl	mmol/L
suggestedaction	14.0	380	21.1
	13.0	350	19.3
	12.0	315	17.4
	11.0	280	15.6
	10.0	250	13.7
	9.0	215	11.9
Good	8.0	180	10.0
	7.0	150	8.2
excellent	6.0	115	6.3
	5.0	80	4.7
	4.0	50	2.6

Diabetes is a common life-long health condition and there are two main types - Type 1 and Type 2. Diabetes is a condition where the amount of glucose in your blood is too high because the body cannot use it properly. **Type 1 diabetes** develops when the insulin-producing cells in the body have been destroyed and the body is unable to produce any insulin.
Type 2 diabetes develops when the body can still make some insulin, but not enough, or when the insulin that is produced does not work properly (known as insulin resistance). Belly Fat is the Clearest Sign of Type 2 Diabetes.

Some of the common symptoms of diabetes include (1) fatigue, (2) weight loss (even though you are eating more), (3) excessive thirst or hunger, (4) increased urination, (5) cut and bruises that are slow to heal and (6) blurred vision.

Keeping your blood sugar level under control you can live a totally normal life.

The latest estimates from the International Diabetes Federation show that there are about 382 million people living with diabetes worldwide.

Insulin is the key that unlocks the door to the body's cells. Once the door is unlocked glucose can enter the cells where it is used as fuel.
HORMONES: These are the powerful secretions of Endocfine (internal) glands. They control the functions of all organs, and even individual cells. They are made from proteins (peptides) or sterols in nature.

Also in the abdomen is the pancreas which secretes insulin which lowers blood sugar, and glycogen which raises a low blood sugar. Lower down in the pelvis are gonads, ovaries in women, and testes in men, which secrete estrogen, progesterone and testosterone respectively. All these hormones have internal control, and influence each other. They control our growth, muscle mass, bone development, temperature tolerance, blood pressure, energy, fertility, sex desire, thirst, and well being in general.

HOW DO HORMONES AFFECT BEHAVIOR: Clinically we see various behavioral manifestations in endocrine disorders. Hypoglycemic patients (low blood sugar) suffer

from depression and poor mental concentration and patients with low thyroid have impotency and depression, while patients with high thyroid have agitation, irritability, and lack of sleep. Hormones, not directly but indirectly by controlling\sugar, calcium, sodium balance,affect behavior in general to include anger, love, anxiety, panic attacks, and agitation. The hyperactivity in children could be due to low blood sugar or due to many food preservatives and coloring agent like nitrites, and Dye No. 5.   (Islamic Medicine Dr. Shahid Ather page 149-150/171)

Top 10 ways in which you avoid getting Diabetes.

Whether you fall into the high-risk category for diabetes, or are simply concerned for your health, do read the top 10 ways in which you avoid getting this disease.

The key thing to remember is that a healthy diet and exercise can help prevent diabetes.

(1) Snack healthily

A healthy snack, by definition, is:

- Low in fat, especially trans-fats
- Low in calories
- Low in cholesterol
- Baked rather than fried

A multi-grain snack made from oats, corn, ragi, rice, wheat and flax seeds is rich in fibre and provide wholesome nutrition. Oats, ragi, wheat have adequate amount of essential amino acids, vitamin B, calcium, iron and specially rich in cellulose whereas corn is an excellent source of iron, B` vitamins, magnesium, vitamin C, phosphorous and zinc.

Overall this multi grain snack brings you considerable health benefits along with great taste.
Of course, knowing what not to eat is as important as knowing what to eat. One should be wise enough to avoid snacks which are fried, oily and generally high on calorie content.

Besides this, healthy snacks are at the crux of reducing the chances of diseases, losing weight and keeping you energetic all day. The most important advantage of taking healthy snacks is that you do not binge later on foods that are unhealthy and may become the leading cause of obesity and other diseases.

Diabetes-Preventative Medicine - Top 10 ways to beat Diabetes

Part 2 of 4 (إِنْ شَآءَ الله)

(2) Burn more calories than you consume

It is a healthy practice to consume fewer calories than you use. Eat foods that are not high in calories and increase your physical activity by walking more, taking the stairs whenever you can and making a conscious effort to stay active.

(3) Precautions, medical checkups and Vaccination

(3a) A slim waist is a sign of better health. Experts suggest that women should keep their waist measurement below 80 cm (31.5 inches), and men below 90 cm (35.5 inches).
(3b) Keep a glucagon kit nearby in case of a low blood sugar emergency — and make sure your friends and loved ones know how to use it.

Schedule a yearly physical and regular eye exams. Your regular diabetes checkups aren't meant to replace yearly physicals or routine eye exams. During the physical, your doctor will look for any diabetes-related complications and screen for other medical problems. Your eye care specialist will check for signs of retinal damage, cataracts and glaucoma.

Keep your vaccinations up to date. High blood sugar can weaken your immune system. Get a flu shot every year, and your doctor may recommend the pneumonia vaccine, as well. The Centers for Disease Control and Prevention (CDC) also currently recommends hepatitis B vaccination if you haven't previously been vaccinated against hepatitis B and you're an adult ages 19 to 59 with type 1 or type 2 diabetes. The most recent CDC guidelines advise vaccination as soon as possible after diagnosis with type 1 or type 2 diabetes. If you are age 60 or older, have diabetes, and haven't previously received the vaccine, talk to your doctor about whether it's right for you.

Pay attention to your feet. Wash your feet daily in lukewarm water. Dry them gently, especially between the toes. Moisturize with lotion, but not between the toes. Check your feet every day for blisters, cuts, sores, redness or swelling.
Take care of your Teeth. Diabetes may leave you prone to more-serious gum infections. Brush and floss your teeth at least twice a day.

(4) Start eating smaller, well-timed meals

Many of us follow the policy of eating three solid meals a day. Consider changing over to the divide and eat policy. So if you`re used to eating 4 chappatis, eat 2 now and 2 after a couple of hours. Also, whatever happens, don`t skip breakfast. The human digestive tract is much more active in the mornings, and it gradually becomes less and less active throughout the day into the evening. Always eat breakfast within at least 1 hour of waking up, and then have your next meal just after Asr. Try to totally avoid large meals in the evening as the stomach will store the meal overnight, leading to gas, bloating, rapid weight gain and a gradual weakening of the digestive functions. Losing just 5 percent of your body weight if you're overweight can make a significant difference in your blood

sugar control.

Try using **olive oil** in cooking rather than clarified butter or ghee.
Make use of the blessed **Black Seed Oil** also, for example, by adding a tablespoon into bread or chappati dough when kneading it.

Hadith 4a)- Narrated Abu Huraira: Allah's Apostle said, "A Muslim eats in one **intestine** (i.e. he is satisfied with a little food) while a Kafir (unbeliever) eats in seven intestines (eats much)." (Bukhari Book 65 Hadith 308)

Hadith 4b)- Narrated Ibn 'Umar: Allah's Apostle said, "A believer eats in one **intestine** (is satisfied with a little food), and a kafir (unbeliever) or a hypocrite eats in seven intestines (eats too much)."(Bukhari Book 65 Hadith 306)

Hadith 4c)- Narrated Nafi': Ibn 'Umar never used to take his meal unless a poor man was called to eat with him. One day I brought a poor man to eat with him, the man ate too much, whereupon Ibn 'Umar said, "O Nafi'! Don't let this man enter my house, for I heard the Prophet saying, "A believer eats in one **intestine** (is satisfied with a little food), and a kafir (unbeliever) eats in seven intestines (eats much food)." (Bukhari Book 65 Hadith 305)

DIABETES MELLITUS: This is due to insulin deficiency. Overeating gets the special cells of the pancreas (islets of Langerhans) over worked so it cannot meet the increased demand for insulin . Those cells may get tired, atrophy and causes difficiency of insulin (Islamic Medicine Dr. Shahid60/171)

Fasting in Ramadhan will be a great blessing for the overweight whether with or without mild diabetes (type II). It benefits those also who are given to smoking or nibbling. They can rid themselves of these addictions in this month (Islamic Medicine Dr. Shahid124/171)

Food is needed by the body to provide energy for immediate use by burning up carbohydrates, that is, sugar. Excess of carbohydrates which cannot be used is stored up as fat tissue in muscles, and as glycogen in liver for future use. Insulin, a hormone from the pancreas, lowers blood sugar and diverts it to other forms of energy storage, that is, glycogen. (Islamic Medicine Dr. Shahid121/171)

Fasting For Medical Patients: Suggested Guide-line (ref. 10) Diabetic Patients: Diabetics who are controlled by diet alone can fast and hopefully with weight reduction, their diabetes may even be cured or at least improved. Diabetics who are taking oral hypoglycemia agents like Orinase along with the diet should exercise extreme caution if they decide to fast. They should reduce their dose to one-third, and take the drug not in the morning, but with Iftar in the evening. If they develop low blood sugar symptoms in the day time, **they should break the fast immediately**. Diabetics taking insulin should not fast. If they do, at their own risk, they should do so under close supervision and make drastic changes in the insulin dose. For example, eliminate regular insulin altogether and take only NPH in divided doses after Iftar or before Sahar. Diabetics, if they fast, should still take a diabetic diet during Iftar, Sahar and dinner. The sweet snacks common in Ramadan are not good for their disease. (Islamic Medicine Dr. Shahid124/171)

Diabetes-Preventative Medicine - Top 10 ways to beat Diabetes

Part 3 of 4 (إِنْ شَآءَ الله)

(5) Include fruits and Vegetables in your Diet

A healthy diet is one with plenty of fruits, vegetables, whole grains and legumes, with a limited amount of saturated fat. It`s time to take control of what you eat. Make a conscious effort to include plenty of fruits (whole fruits are far better than juices) and vegetables, especially green leafy vegetables, in your diet. The benefits to your overall health, sense of well-being and looks will be immense.

[**Fruit**-contains sugar and yeast and **millions of bacteria**. FRUIT is a natural DETOXIFICATION tool and provides us with natural healthy sugar][Fruits are low in calorie, high in vitamins and minerals, and fiber and sugar is fructose and not sucrose. In a recent study by Dr. Anderson fructose has been shown to cause no rise in blood sugar and even lowers the high blood sugar of diabetics. Honey is fructose. (Islamic Medicine Dr. Shahid p56/171)

Milk Benefits- Milk along with a balanced and healthy diet helps reduce blood pressure, instances of type-2 diabetes, some forms of cancer, cardiovascular diseases and obesity.

Vinegar benefits the following ailments; Diabetes

Many of the common chronic illnesses, coronary heart disease, hyper-tension, diabetes, peptic ulcer disease, obesity and depression have also common man-made etiology, that is rich food, too much food, too much salt, too much sugar, smoking, stress and alcoholism. If we give up excessive salt, sugar and cholesterol from our diet, and do not drink and smoke, and be active, it is possible that - the pump (heart) won't be rusted from inside. (Islamic Medicine Dr. Shahid57/171)

Henna Water detox drink Henna water is an excellent detoxifyer. It can remove impurities and heavy metals which have built up in the body for many years. Therefore drinking it on an empty stomach is very beneficial for cleaning the liver and kidneys of diabetic patients, those with IBS, ulcers, kidney stones etc.

Fig –Tin-Leaves Fig leaves are best known for treating diabetes, but there are many other uses for the fig leaves. (http://www.naturalnews.com/027252_diabetes_oil_remedies.html)

The best fig is the white fig when ripe and peeled. The fresh fig is better than the dried fig. It contains heat and gives much nourishment. It is quick to pass down the bowel. It affords the greatest nourishment of all fruits. It is a laxative for the constitution and assuages thirst which is due to phlegm. Figs help a chronic cough, act as a diuretic, and open obstructions. To eat figs when the stomach is empty is of very great use in opening the alimentary tract, especially if eaten with almonds and walnuts. Said Abu ul-Darda, quoting the Prophet: If you say that any fruit has come from Paradise, then verily you must mention the fig, for indeed it is the fruit of Paradise. It is without a stone. So eat of it, for it is a cure for piles and helps anal fissures and gout.. Physicians have said that the long continued eating of figs harms the body.(**[Tibb-e-Nabwi-** Jalal'u-Din Abd'ur-Rahman As-Suyuti **44/161]**

Basil (Tulsi) –Hibk, Hibq (حبق)/ Roihon, Raihon-Myrtle/ **Rihan-Tulsi** leaves are packed with **antioxidants** that relieve oxidative stress and have essential oils that help in lowering blood sugar levels in the body. Take 2 tablespoons of juice extracted from basil leaves and drink on an empty stomach in the morning. Its smell strengthens the heart. A sprinkling of basil and water produces sleep.

Indian Goose Berry (Amla) The vitamin C present in Indian gooseberry (Amla) promotes proper functioning of the pancreas. Extract the juice from the fruit and take 2 teaspoons of the juice mixed with a glass of water. Consume this drink daily in the morning on an empty stomach to keep your blood sugar level in control.

(6) Gain with whole grains

(6a) Whole wheat atta, brown rice, barley and oats are far healthier for you than refined foods (like breads made with bleached white flour). Make them a part of your diet and keep diabetes at bay. Recent research says that consuming whole grain barley regulates blood sugar to a great extent. The health benefits of barley are mostly attributable to the eight essential amino acids which it contains, meaning that it represents a complete protein in our diet. Research suggests that cereal fibers have an edge in aiding digestion, as well as proving beneficial in protecting against coronary artery disease, type 2 diabetes, and metabolic syndrome.

Talbinah. It was narrated by 'Urwa that A'ishah (radhi Allahu anha) used to recommend at-Talbina for the sick and for such a person as grieved over a dead person. She used to say, "I heard Allah's Apostle (sallallahu alayhi wasallam) saying, 'at-Talbina gives rest to the heart of the patient and makes it active and relieves some of his *sorrow* and grief.' [Sahih al Bukhari Vol. 7 Book71 Hadigh 593]

Talbina is made by adding 1-2 tablespoons of barley flour (must be 100% wholegrain barley flour) to one and a half cups of water or milk. Cook on a low heat for 10-15 minutes. It can be sweetened with honey.
Talbinah porridge is a nutritious breakfast for everyone, particularly **Diabetic patients** and consuming it has benefit in alleviating depression and sorrow;
Talbinah porridge is made exactly as mentioned above only difference is reduce the quantity of honey to 1/4 a teaspoon (or less) per serving. Top the talbinah with toasted sesame seeds and a pinch of cinnamon. Or you can grind the sesame seeds and cook both ingredients into the talbinah.

(6b) Fenugreek- Hulbah-Hilbah -Fenugrec (ميتهى) Boil half spoon of Fenugreek in 1 cup water, drink warm liquid and eat remaining fenugreek boiled seeds. Fenugreek is an herb that can also be used to control diabetes, improve glucose tolerance and lower blood sugar levels due to its hypoglycaemic activity. It also stimulates the secretion of glucose-dependent insulin. Being high in soluble fiber, it slows down the absorption of carbohydrates and sugars. it also helps constipation, helps reduce cholesterol levels in the blood, lowers blood sugar levels, relieves water/urine retention. Alternatively, in diabetes patients (both Type 1 and Type2) daily diet add 15-50 gms of fenugreek powder.

Diabetes-**Preventative Medicine - Top 10 ways to beat Diabetes**

Part 4 of 4 (إِنْ شَآءَ اللهُ)

(7) There's no escaping exercise

When it comes to prevention, the power of regular exercise is far greater than that of any medicine created. Through regular exercise, at least 30 minutes a day, you can prevent a range of diseases - from diabetes to heart disease. It keeps you feeling healthy, looking good and makes life far more enjoyable. If you`re not exercising already, start today. Prayers play a vital role in acting as a preventive measure against heart attack, paralyses, premature senility, dementia, loss of control on sphineters, diabetes mellitus etc. (Islamic Medicine Dr. Shahid59/171)
It has been proved beyond doubt that over eating is the root of many diseases and also responsible for premature senility. It produces obesity, predisposes to dangerous diseases like diabetes, Menitus, hypertension, coronary heart disease and paralysis. (Islamic Medicine Dr. Shahid60/171)

(8) De-stress

Experts have found a strong correlation between stress and diabetes. Don`t simply accept stress as a part of modern living. There are many things you can do to avoid and reduce stress in your life. The hormones your body may produce in response to prolonged stress may prevent insulin from working properly, which will raise your blood sugar and stress you even more. Learn relaxation techniques. And get plenty of sleep.

(8a) " Modern Stress and its Cure from Qur'an" – Dr. Shahid Athar-M.D.
Stress is the most common aliment of modern age. It has been implicated in the causation of peptic ulcer disease, coronary heart disease, depression, auto immune disease, hypertension, diabetes and even cancer. The best way to treat anxiety, sorrow and depression is to busy yourself in remembrance of Allah Subhanahu Watahala and learn. These acts bring joy and appreciation to the heart, and the shaytaan (the perpetrator of depression) is weakened and distanced from a soul who engages with Allah regularly. Staying in the state of Wudhu (ablution) also helps keep these bad demons at a distance. Allah the Exalted says in the Qu'ran;



"Verily, in the remembrance of Allah, do hearts find rest." [Quran 13:28]

(8b) Our losses are a trial for us:

الَّذِينَ إِذَا أَصَابَتْهُم مُّصِيبَةٌ قَالُوا إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ
رَاجِعُونَ

"Be sure we will test you with something of fear and hunger, some loss in goods or lives, but give glad tidings to those who are steadfast, who say when afflicted with calamity: To Allah we belong and to Him is our return. They are those on who (DESCEND) Blessings from Allah and Mercy and they are the once that receive guidance. **(Quran 2:155)**

(Islamic Medicine Dr. Shahid118/171)

(8c) Prayers (Salah and Supplications) are very important during times of distress. Allah instructs the believing men and women in the Qur'an;

And seek help through patience and prayer..." [2:45]	وَاسْتَعِينُوا بِالصَّبْرِ وَالصَّلَاةِ

(9) Quit Smoking

Smoking is against the principles of the Deen as it is considered to be a way in which the body can be poisoned. If you needed another reason to quit smoking, here it is; a study published in the American Journal of Epidemiology showed that a person who smoked 16 to 25 cigarettes a day was three times more likely to develop Type 2 diabetes than a non smoker.

(10) Reduce Salt intake

Hypertension and diabetes have a very close connection. In fact, the prevalence of hypertension in the diabetic population is twice that of the non-diabetic population. So if you have any of the risk factors of diabetes or hypertension, take care of reducing your salt intake.

Check your blood sugar and cholesterol levels - If you fall in the high-risk group, i.e., if you have a family history of diabetes, along with any one of the risk factors listed above, you must get regular blood sugar and cholesterol checks.

Mirza Ehteshamuddin Ahmed